



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01253, Cheese, pasteurized process, American, without added vitamin D

Report Date: July 16, 2017 17:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	39.61	13	0.105	38.4	40.8	9.0	39.369	39.844	1	Analytical or derived from analytical	--	05/2011
Energy	kcal	371	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Energy	kJ	1553	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Protein ¹	g	18.13	13	0.128	16.3	21.5	9.0	17.842	18.422	1	Analytical or derived from analytical	--	05/2011
Total lipid (fat) ²	g	31.79	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Ash ¹	g	6.78	13	0.124	4.59	7.46	8.0	6.491	7.065	1	Analytical or derived from analytical	--	05/2011
Carbohydrate, by difference	g	3.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Sugars, total ¹	g	2.26	5	0.092	1.22	4.83	2.0	1.82	2.705	1	Analytical or derived from analytical	--	05/2011
Sucrose ¹	g	0.00	5	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	5	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
Fructose ¹	g	0.00	5	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
Lactose ¹	g	2.15	5	0.092	1.15	4.67	2.0	1.711	2.596	1	Analytical or derived from analytical	--	05/2011
Maltose ¹	g	0.00	5	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
Galactose ¹	g	0.11	5	0.000	0.07	0.2	--	--	--	1	Analytical or derived from analytical	--	05/2011
Minerals													
Calcium, Ca ¹	mg	1045	19	34.600	479	1,390	16.0	971.629	1118.594	1	Analytical or derived from analytical	--	05/2011
Iron, Fe ¹	mg	0.63	19	0.027	0.13	1.03	15.0	0.571	0.688	1	Analytical or derived from analytical	--	05/2011
Magnesium, Mg ¹	mg	26	19	0.182	23	28	12.0	25.281	26.078	1	Analytical or derived from analytical	--	05/2011
Phosphorus, P ¹	mg	641	19	14.828	336	767	16.0	609.561	672.489	1	Analytical or derived from analytical	--	05/2011
Potassium, K ¹	mg	132	19	3.899	99	212	16.0	123.69	140.224	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na ¹	mg	1671	19	21.213	1,270	1,890	15.0	1626.181	1716.669	1	Analytical or derived from analytical	--	05/2011
Zinc, Zn ¹	mg	2.49	19	0.027	2.1	3.14	10.0	2.429	2.551	1	Analytical or derived from analytical	--	05/2011
Copper, Cu ¹	mg	0.046	19	0.005	0.03	0.13	9.0	0.036	0.057	1	Analytical or derived from analytical	--	05/2011
Manganese, Mn ¹	mg	0.041	19	0.001	0.02	0.07	16.0	0.038	0.044	1	Analytical or derived from analytical	--	05/2011
Selenium, Se ¹	µg	20.2	3	--	16.7	23.1	--	--	--	1	Analytical or derived from analytical	--	05/2011
Fluoride, F ³	µg	35.0	9	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Thiamin ¹	mg	0.015	2	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2011
Riboflavin ¹	mg	0.234	4	0.003	0.22	0.32	2.0	0.221	0.247	1	Analytical or derived from analytical	--	05/2011
Niacin ¹	mg	0.076	2	--	0.07	0.12	--	--	--	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid ¹	mg	0.403	2	--	0.4	0.43	--	--	--	1	Analytical or derived from analytical	--	05/2011
Vitamin B-6 ¹	mg	0.054	2	--	0.05	0.06	--	--	--	1	Analytical or derived from analytical	--	05/2011
Folate, total	µg	8	26	0.235	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Folate, food	µg	8	26	0.235	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Folate, DFE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Choline, total	mg	36.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Vitamin B-12 ¹	µg	1.50	4	0.030	1.2	1.6	2.0	1.369	1.623	1	Analytical or derived from analytical	--	05/2011
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Vitamin A, RAE	µg	250	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Retinol	µg	243	--	--	--	--	--	--	--	--	Calculated or imputed	01009	05/2011
Carotene, beta	µg	80	--	--	--	--	--	--	--	--	Calculated or imputed	01009	05/2011
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Vitamin A, IU	IU	945	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Vitamin E (alpha-tocopherol) ¹	mg	0.80	2	--	0.78	0.8	--	--	--	1	Analytical or derived from analytical	--	05/2011
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Tocopherol, beta ¹	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
Tocopherol, gamma ¹	mg	0.13	2	--	0.13	0.14	--	--	--	1	Analytical or derived from analytical	--	05/2011
Tocopherol, delta ¹	mg	0.04	2	--	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	05/2011
Vitamin D (D2 + D3)	µg	0.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Vitamin D2 (ergocalciferol) ¹	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	01009	05/2011
Vitamin D	IU	23	--	--	--	--	--	--	--	--	Calculated or imputed	01009	05/2011
Vitamin K (phylloquinone)	µg	2.6	--	--	--	--	--	--	--	--	Calculated or imputed	01009	05/2011
Lipids													
Fatty acids, total saturated	g	18.057	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0 1	g	0.615	5	0.012	0.59	0.63	2.0	0.557	0.673	1	Analytical or derived from analytical	--	05/2011
6:0 1	g	0.509	5	0.004	0.5	0.52	1.0	0.454	0.564	1	Analytical or derived from analytical	--	05/2011
8:0 1	g	0.332	5	0.004	0.33	0.35	2.0	0.313	0.351	1	Analytical or derived from analytical	--	05/2011
10:0 1	g	0.802	5	0.006	0.78	0.81	2.0	0.777	0.827	1	Analytical or derived from analytical	--	05/2011
12:0 1	g	0.884	5	0.013	0.83	0.91	1.0	0.783	0.985	1	Analytical or derived from analytical	--	05/2011
14:0 1	g	2.937	5	0.027	2.84	2.98	2.0	2.818	3.056	1	Analytical or derived from analytical	--	05/2011
15:0 1	g	0.311	5	0.002	0.31	0.31	1.0	0.296	0.326	1	Analytical or derived from analytical	--	05/2011
16:0 1	g	8.161	5	0.081	8.04	8.3	1.0	7.148	9.173	1	Analytical or derived from analytical	--	05/2011
17:0 1	g	0.190	5	0.000	0.19	0.19	--	--	--	1	Analytical or derived from analytical	--	05/2011
18:0 1	g	3.222	5	0.056	3	3.42	1.0	2.672	3.772	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:0 1	g	0.047	5	0.002	0.03	0.06	1.0	0.019	0.074	1	Analytical or derived from analytical	--	05/2011
22:0 1	g	0.021	5	0.001	0.02	0.02	2.0	0.018	0.023	1	Analytical or derived from analytical	--	05/2011
24:0 1	g	0.009	5	0.000	0.01	0.01	1.0	0.007	0.011	1	Analytical or derived from analytical	--	05/2011
Fatty acids, total monounsaturated	g	8.236	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
14:1 1	g	0.245	5	0.005	0.22	0.25	1.0	0.211	0.278	1	Analytical or derived from analytical	--	05/2011
15:1 1	g	0.000	5	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
16:1 undifferentiated 1	g	0.500	5	0.014	0.48	0.52	1.0	0.382	0.618	1	Analytical or derived from analytical	--	05/2011
16:1 c 1	g	0.394	5	0.014	0.37	0.42	1.0	0.272	0.517	1	Analytical or derived from analytical	--	05/2011
16:1 t 1	g	0.106	5	0.000	0.1	0.11	1.0	0.102	0.11	1	Analytical or derived from analytical	--	05/2011
17:1 1	g	0.061	5	0.001	0.06	0.06	2.0	0.057	0.065	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated ¹	g	7.204	5	0.046	7.01	7.39	1.0	6.624	7.784	1	Analytical or derived from analytical	--	05/2011
18:1 c ¹	g	6.360	5	0.047	6.21	6.53	1.0	5.823	6.897	1	Analytical or derived from analytical	--	05/2011
18:1 t ¹	g	0.844	5	0.005	0.8	0.89	1.0	0.779	0.909	1	Analytical or derived from analytical	--	05/2011
20:1 ¹	g	0.224	5	0.006	0.2	0.24	2.0	0.195	0.254	1	Analytical or derived from analytical	--	05/2011
22:1 undifferentiated ¹	g	0.001	5	0.001	0	0	1.0	-0.007	0.01	1	Analytical or derived from analytical	--	05/2011
22:1 c ¹	g	0.001	5	0.001	0	0	1.0	-0.011	0.013	1	Analytical or derived from analytical	--	05/2011
22:1 t ¹	g	0.000	5	0.000	0	0	1.0	-0.003	0.004	1	Analytical or derived from analytical	--	05/2011
24:1 c ¹	g	0.001	5	0.001	0	0	2.0	-0.003	0.005	1	Analytical or derived from analytical	--	05/2011
Fatty acids, total polyunsaturated	g	1.286	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
18:2 undifferentiated ¹	g	1.003	5	0.022	0.96	1.11	1.0	0.846	1.16	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 n-6 c,c ¹	g	0.790	5	0.016	0.76	0.88	1.0	0.668	0.913	1	Analytical or derived from analytical	--	05/2011
18:2 CLAs ¹	g	0.018	5	0.001	0.01	0.02	1.0	0.013	0.024	1	Analytical or derived from analytical	--	05/2011
18:2 t not further defined ¹	g	0.194	5	0.006	0.18	0.24	1.0	0.147	0.242	1	Analytical or derived from analytical	--	05/2011
18:3 undifferentiated ¹	g	0.138	5	0.003	0.13	0.16	1.0	0.095	0.18	1	Analytical or derived from analytical	--	05/2011
18:3 n-3 c,c,c (ALA) ¹	g	0.137	5	0.003	0.13	0.16	1.0	0.094	0.179	1	Analytical or derived from analytical	--	05/2011
18:3 n-6 c,c,c ¹	g	0.001	5	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
18:4 ¹	g	0.007	5	0.000	0.01	0.01	1.0	0.005	0.01	1	Analytical or derived from analytical	--	05/2011
20:2 n-6 c,c ¹	g	0.009	5	0.000	0.01	0.01	1.0	0.006	0.011	1	Analytical or derived from analytical	--	05/2011
20:3 undifferentiated ¹	g	0.034	5	0.001	0.03	0.04	1.0	0.023	0.046	1	Analytical or derived from analytical	--	05/2011
20:3 n-6 ¹	g	0.033	5	0.001	0.03	0.04	1.0	0.02	0.047	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated ¹	g	0.045	5	0.001	0.04	0.05	2.0	0.04	0.051	1	Analytical or derived from analytical	--	05/2011
20:5 n-3 (EPA) ¹	g	0.012	5	0.001	0.01	0.01	2.0	0.009	0.014	1	Analytical or derived from analytical	--	05/2011
22:4 ¹	g	0.008	5	0.000	0.01	0.01	1.0	0.004	0.012	1	Analytical or derived from analytical	--	05/2011
22:5 n-3 (DPA) ¹	g	0.021	5	0.001	0.02	0.02	2.0	0.018	0.023	1	Analytical or derived from analytical	--	05/2011
22:6 n-3 (DHA) ¹	g	0.006	5	0.001	0	0.01	1.0	-0.007	0.019	1	Analytical or derived from analytical	--	05/2011
Fatty acids, total trans	g	1.144	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Fatty acids, total trans-monoenoic	g	0.950	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Cholesterol ¹	mg	100	3	--	92	103	--	--	--	1	Analytical or derived from analytical	--	05/2011
Amino Acids													
Tryptophan ^{4 5 6 7}	g	0.232	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Threonine ^{4 5 6 7}	g	0.772	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Isoleucine ^{4 5 6 7}	g	0.938	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine 4 5 6 7	g	1.716	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Lysine 4 5 6 7	g	1.516	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Methionine 4 5 6 7	g	0.475	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Cystine 4 5 6 7	g	0.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Phenylalanine 4 5 6 7	g	0.939	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Tyrosine 4 5 6 7	g	0.916	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Valine 4 5 6 7	g	1.187	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Arginine 4 5 6 7	g	0.518	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Histidine 4 5 6 7	g	0.546	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Alanine 4 5 6 7	g	0.613	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid ^{4 5 6 7}	g	1.551	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glutamic acid ^{4 5 6 7}	g	4.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glycine ^{4 5 6 7}	g	0.359	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Proline ^{4 5 6 7}	g	1.788	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Serine ^{4 5 6 7}	g	1.093	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 15e, 2011 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2a, 1999 Beltsville MD

³Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD

⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD

⁶Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD

⁷Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD